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Swedish Council for Higher Education

The Swedish Council for Higher Education (UHR) is a public agency that facilitates skills attainment for Sweden's current and future needs.

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## Studying as a parent

Today, many students have children. Here you can find out more about being a parent and studying at a university.

Approximately one out of every five students has children. There are of course advantages and disadvantages to combining studies with raising children. As a student, you have a lot of freedom to decide yourself how to use your time, which can be the perfect situation for some parents. At the same time, it can be difficult to find the time to meet with classmates for group work in the evenings and on weekends. Examinations can even be given on weekends.

You have the right to receive information well in advance regarding changes in your schedule, or if trips are included in your course syllabus.

## Supplementary aid

As a student with children, it's possible for you to receive an extra child allowance in addition to your financial aid. The size of this allowance is dependent on if you're studying full-time or part-time and how many children you have. You can read more on CSN's website.

[Read more about the extra child allowance \(tilläggsbidrag\) at CSN's website](#)

## Parental benefits

Parental benefits (Föräldrapenning) is economic support to parents to help them care for their children. There are both whole and temporary parental benefits available. Normally, a parent doesn't have the right to temporary benefits while studying. Contact Försäkringskassan for more information.

[Read more about parental benefits on Försäkringskassans website](#)

## Housing allowance

If you have children, you can apply for a housing allowance from Försäkringskassan.

[Read Försäkringskassans information about housing allowance](#)

## Childcare and preschool

Contact your student union for information regarding child care for students. You can even contact your municipality and find out what preschools are near your university.

## Caring for a sick child

If you have a child under the age of 12 who becomes ill, you have the right to not study during this time and still receive your financial aid. CSN will review your study results during the period of illness and those days are not counted in the total weeks you've received financial assistance. You can find out more at CSN's website. The information is only provided in Swedish but you can always contact CSN directly for more information.

[Read more about caring for a sick child at CSN's website \(in Swedish\)](#)

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## Contact

Swedish Council for Higher Education

Telephone: 010-470 03 00

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